

The Fruit of the Psalter

Psalm 1

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I. Introduction

Fruitfulness is indicative of _____ in the world that God made. And the lack of fruit—or, the production of the wrong kinds of fruit—is symptomatic of _____.

II. Text, Psalm 1

*1 Blessed is the man
Who walks not in the counsel of the ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful;
2 But his delight is in the law of the LORD,
And in His law he meditates day and night.
3 He shall be like a tree
Planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper.
4 The ungodly are not so,
But are like the chaff which the wind drives away.
5 Therefore the ungodly shall not stand in the judgment,
Nor sinners in the congregation of the righteous.
6 For the LORD knows the way of the righteous,
But the way of the ungodly shall perish.*

III. The Fruit of the Psalter

Charles Spurgeon: “*Psalm 1 may be regarded as the Preface Psalm, having in it a notification of the contents of the entire Book.*” In other words, Psalm 1 introduces _____ and tells us what the whole of it contains. It is a succinct summary and preface for all that follows.

The Book of Psalms teach us how we ought to act and think and feel, how we ought to pray, how we ought to give thanks, how we ought to weep, how we ought to respond in all different kinds of situations. It sets before us, in short, all the different kinds of fruit that a healthy person, rooted deeply in the _____ brings forth in various seasons. *The Psalter is full of the fruit of the blessed man in _____.*

The _____ are the fruit of men deeply saturated in the word of their God. Because their roots were sunk down deep into it, because their hearts _____ in it and they _____ on it day and night—when the _____ of life beat against them, when the rain and hail and sleet and snow beat against their branches, they stood firm in the Lord and they bore fruit that pleased Him. They rejoiced, they prayed, they cried out to God, and they sang. And in all of this, _____ was glorified.

Holy Scripture in every part is _____ by God—the holy writers of the Bible spoke and wrote as they were moved by the Holy Spirit, 2 Pet. 1:21—and it is all throughout filled with the real thoughts, desires, longings, and affections of men and women who were saturated in the Word of God that came before them.

III. David & Asaph

David, Psa. 51 | *Asaph*, Psa. 73

The psalmists did not simply know how to respond in a godly manner to the various trials and difficulties they faced by an _____ inspiration given to them in the moment. No, these men responded the way they did because their delight was in the law of the Lord and in his law they meditated day and night.

IV. What about you?

Does the word of God dwell richly in you? Have your roots sunk deep into the wisdom and counsel of your God? Are you saturated in the Word of God so that you can _____ your context rightly and _____ in a manner that pleases the Lord?

Luke 6:45: *A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil.*

V. ‘Like a shrub in the desert’

Jeremiah 17:5-6, 9:
5 *Thus says the LORD:*
“Cursed is the man who trusts in man
And makes flesh his strength,
Whose heart departs from the LORD.
6 *For he shall be like a shrub in the desert,*
And shall not see when good comes,
But shall inhabit the parched places in the wilderness,
In a salt land which is not inhabited.
9 *“The heart is deceitful above all things,*
And desperately wicked;
Who can know it?

Turn away from trusting in _____. Turn away from trusting in _____. Turn away from the counsel of the wicked, and come to the Lord. Lay down roots in His Word, and _____.

You are like a _____. That’s how the Lord would have you think about yourself, whether you like it or not. He has demanded of you fruit, and He has given you His Word in plenty to drink to your satisfaction. Now, drink up, and live. Humble yourself before the Lord, and live.

VI. Conclusion